

# *News from the Wyoming Department of Health*

Friday, June 26, 2009

## **Wyoming WIC Program Updates Income Eligibility Guidelines**

A significant boost in the income ceiling for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) will help make services available to more women and children, according to the Wyoming Department of Health.

A family of four with a monthly income of up to \$3,400 or annual gross income up to \$40,793 may qualify financially for the program under the new guidelines, which begin July 1. This represents an increase of more than \$1,500 over last year.

“WIC works to protect the health of low-income women, infants and children by providing nutritious foods and educating families on healthy eating,” said Janet Moran, WIC program section chief with the Wyoming Department of Health. WIC also provides lactation support to breastfeeding women and their infants and promotes childhood immunizations.

With 19 local agencies and 18 outreach clinics in Wyoming, WIC serves approximately 13,000 women and children around the state.

WIC participants specifically include pregnant women, post partum women, breastfeeding women, infants and children up to age five. WIC also serves homeless women and children under special regulations. For families to be eligible, income levels must be at or below 185 percent of the U.S. Poverty Income Guidelines. Women and children who participate in the Supplemental Nutrition Assistance Program (SNAP, also known as food stamps), Wyoming EqualityCare (Medicaid), and Temporary Assistance to Needy Families (TANF) programs are automatically eligible for WIC.

Moran said food packages provided to participants typically include iron-fortified infant formula and cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, tuna, eggs, cheese, milk, carrots, dried beans and peanut butter.

“New options will be added to our food packages beginning in October for enhanced nutrition and choices for moms from various cultures,” Moran said. Whole-grain breads and cereals, fresh fruits and vegetables, baby foods including meat, canned or dried beans or peas, and calcium-rich soy milk are among the planned new food choices.

For more information, contact a local WIC office or the WIC state office at (307) 777-7494.

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